



# Going Home Checklist

- Take a moment to think about today
- Acknowledge **one** thing that was difficult on your shift:

## Let it go

- Be proud of the care you gave today
- Consider **three** things that went well
- Check on your colleagues before you leave: **Are they OK?**
- Are you OK?

**Your senior team is here to listen and support you**

- Now switch your attention to home:

## Rest and Recharge

Thank you!